

How To Dowse and use The Decider™ to choose Protocols!

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Dowsing is the most ancient of sciences and has been a means of measuring and mapping the Universe and Cosmos for longer than we might ever imagine. In a nutshell, we, through a refined sensitivity of our nervous system, comb the Cosmos like a sophisticated antenna system for answers, and document our responses through the pendulum, or rods, or a number of other means. Kinesiology and muscle testing works on the same principle.

In the early 1980's, I was teaching a course in Ft Lauderdale I called "Prosperity and Sensitivity Researching." We used pendulums (and the enclosed instructions) to learn how to identify wave fields (dowse heads or tails on a covered coin), identify responses, determine choices, etc. And, it was very interesting to watch the ego as our accuracy improved. (Hawkins would probably call it "pride.")

Our work is to tune the nervous system and we begin by learning how to dowse for our Protocols. Learning neutrality and watching the mind is a great way to begin this journey. Dr. David Hawkins states that you must be above 200 on his **Map of Consciousness** to begin to get accurate results. In other words, you must quiet the mind and work your way toward neutrality.

CORE Resonance is about that inner delving and place no one wants to go.. inside. CORE Resonance is the means of achieving this incredible journey within for which we find everything we have always looked for! And I do mean everything, especially if you coach "everything" as associated with Unconditional Love. For which, hint, hint.. the true journey just begins. ☺

In the meantime, we must start the journey and we start with the pendulum or muscle testing (kinesiology is a brand name) and begin by learning to become neutral so that we may choose Protocols. The Decider™ has been significantly updated (July 2012) and you are to dowse the 13 Protocols to identify which of the Protocols you are to do. Often you will get a yes on a half dozen or so. From those, simply ask which of these are for this worksheet/week or period of time and continue to reduce until you have a plan. Dowse for your time, dowse for your format, and you are ready to rock and roll. ☺

If you discover that you have made a poor choice on a particular Protocol, simply go back to the process of choosing and attempt to recall how neutral you were, or weren't. Handily, because the Protocols do not program the brain in any manner, you cannot hurt yourself. (It is a good practice to ask if it is OK to choose Protocols for yourself, and especially important when working with others.) And, it is important to make mistakes. Something about "out of contrast comes clarity." It's how we learn!

CORE Resonance is all about introspection and that fateful and final journey within. Use the tools available to you and be sure to document what you discover. It is in the refinement of the subtleness of your nature that an opening to the center of the universe becomes available to you. As you learn to use a pendulum; as you learn to document what you discover immediately after a CORE Resonance Session or individual Protocol in the Daily Sessions Log™, and otherwise document what we notice since our last Session (also the Daily Sessions Log™), we refine our capacity to discern.

Next thing you know, you are making the subtlest of choices with the help of the Cosmos, watching your results, and refining your choices for which your reality creating continues to refine itself. Innate Intelligence becomes a part of your life and you get on about your business – your true business. You learn what it's like to catch God on his/her good days..

And, don't forget to [Journal](#). Self-discovery requires that we document what we learn. After all, the subtleties are fleeting and very often in the privacy of our own head, and we are then onto new things. The subtleness of what we notice is important. [Document what you discover as you discover it](#). Makes it much easier to follow your own progress as well as explain what you discover to loved ones or others. You only go through this incredible rabbit hole (eye of the needle?) experience once, so document it. You can also find a link to the Journaling article on the Daily Sessions Log™ at the top to the left of the page

We have a choice in all that we do. Partnering with Innate Intelligence is that true final and fateful journey and the means by which we dramatically accelerate our own evolution. And in so doing, we most effectively contribute to the unfolding of mankind, and exponentially so. We become the cutting edge; we become the inadvertent yet subtlest of leaders, and become what we were always meant to be - efficient and effective in the truest of manners. After all, we contribute anyway – we just might as well be "all we can be.."

Please stay in touch and let me know what you discover..

Wishing you well, and
Sending you Love, naturally.

Namasté

J.Hamilton

PS I've taken several pages from the Internet that indicate simple instructions for muscle testing. You might find some of it interesting, or might help you further understand the process. I do recommend that you begin with a pendulum and use the Alive to the Universe instructions to hone your skills/nervous system.

PPS You should be well hydrated for best results